

Utah has participated in the Behavioral Risk Factor Surveillance System (BRFSS) since it began in 1984 and when only 14 other states participated. This report examines trends for selected BRFSS measures over 11 years from 1989 to 1999. The Utah statewide rates are compared to the rates for states bordering Utah (the Region) and the rates for all states and territories (the U.S.) for each year that data were available. The Region and the U.S. include Utah.

The report also examines differences between various demographic groups in Utah by combining four years of Utah data from 1996-1999. Data from four years were combined to increase the precision of the subgroup-specific rates. However, for some groups the sample sizes remained small and apparently large differences were not statistically significant; that is, even those large differences could have occurred due to chance alone.

The following text is a summary of the findings of this report including trends, a comparison of Utah data to the U.S., demographics, and progress towards the Healthy People 2000 objectives.

Utah Trends, 1989-1999

Utah improved on 9 of the 21 measures over the 11-year period presented in this report. They include:

- Screening mammography in the past two years (women age 40 and older) increased from 51.8% in 1989 to 67.1% in 1999
- Cholesterol checked in the past five years increased from 50.3% in 1989 to 63.6% in 1999
- Influenza vaccination in the past year (adults age 65 and older) increased from 54.8% in 1993 to 75.1% in 1999
- Pneumococcal vaccination ever (adults age 65 and older) increased from 35.7% in 1993 to 61.3% in 1999
- No leisure time physical activity decreased from 22.1% in 1989 to 17.4% in 1999
- Five or more servings of fruits or vegetables daily increased from 21.4% in 1993 to 24.5% in 1999
- Current cigarette smoking decreased from 16.4% in 1989 to 14.0% in 1999
- Binge drinking in the past month decreased from 12.0% in 1989 to 10.2% in 1999
- Using seatbelts always or nearly always increased from 65.4% in 1989 to 86.8% in 1997

Utah's rates worsened on only one of the measures:

- Overweight or obese increased from 35.9% in 1989 to 50.9% in 1999

The remaining 11 measures did not increase or decrease significantly from 1989 to 1999.

How Utah Compared to the U.S., 1999

Utah compared favorably with the U.S. on 11 of the 21 measures summarized in this report:

- Fair or poor general health status 10.0% in Utah vs. 14.9% in the U.S.
- Doctor-diagnosed diabetes, 4.2% in Utah vs. 5.9% in the U.S.
- Dental visit in the past year, 73.1% in Utah vs. 68.0% in the U.S.
- Influenza vaccination in the past year (adults age 65 and older), 75.1% in Utah vs. 66.6% in the U.S.
- Pneumococcal vaccination ever (adults age 65 and older) 61.3% in Utah vs. 53.8% in the U.S.
- No leisure time physical activity, 17.4% in Utah vs. 29.1% in the U.S.
- Regular physical activity, 27.2% in Utah vs. 20.7% in the U.S. (1998 data)
- Overweight or obese 50.9%, in Utah vs. 56.2% in the U.S.

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- Current cigarette smoking, 14.0% in Utah vs. 22.5% in the U.S.
- Binge drinking in the past month, 10.2% in Utah vs. 14.7% in the U.S.
- Chronic drinking in the past month, 3.7% in Utah vs. 5.3% in the U.S.

There were only four measures where Utah did not do as well as the U.S.:

- Screening mammography in the past two years (women age 40 and older), 67.1% in Utah vs. 74.4% in the U.S.
- Pap test in the past three years (adult women), 80.7% in Utah vs. 85.2% in the U.S.
- Blood pressure check in the past two years, 92.4% in Utah vs. 94.0% in the U.S.
- Cholesterol checked in the past five years, 63.6% in Utah vs. 70.6% in the U.S.

There were no significant differences between Utah and the U.S. on the other 6 measures.

Demographic Differences in Utah (1996-1999)

Differences by sex:

The lifestyles of Utah women were better than men on 8 of the 18 measures that applied to both sexes:

- Dental visit in the past year; 73.9% of women vs. 68.9% of men
- Blood pressure check in the past two years, 94.7% of women vs. 89.7% of men
- Eating 5 or more servings of fruits and vegetables daily; 29.1% of women vs. 20.4% of men
- Using a seatbelt always or nearly always; 91.8% of women vs. 81.6% of men
- Current smoking; 12.2% of women vs. 16.8% of men
- Being overweight or obese; 40.0% of women vs. 58.1% of men
- Binge drinking in the past month; 4.2% of women vs. 14.1% of men
- Chronic drinking in the past month; 1.9% of women vs. 4.2% of men

Men in Utah did better than women on two behaviors or practices:

- Colonoscopy or sigmoidoscopy in the past 5 years adults age 50 and over; 35.5% for men vs. 26.9% for women
- No leisure time physical activity; 15.5% for men vs. 18.8% for women

Differences by age groups:

Persons differed in their behavioral risk factors depending on their age. Eleven of the 21 measures improved with increasing age:

- Health care coverage
- Screening mammography in the past 2 years (women age 40 and over)
- Sigmoidoscopy or colonoscopy in the past 5 years (adults age 50 and over)
- Blood pressure screening in the past 2 years
- Cholesterol screening in the past 5 years
- Five or more servings of fruits and vegetables daily
- Current cigarette smoking
- Binge drinking in the past month
- Chronic drinking in the past month

- Flu vaccination in the past year
- Pneumococcal vaccination ever

There were six measures that worsened with increasing age:

- Fair or poor general health status
- Doctor-diagnosed diabetes
- Dental visit in the past year
- Clinical breast exam in the past year (women age 40 and older)
- Overweight or obese
- No leisure time physical activity

Differences by race/ethnicity:

Utahns who were non-Hispanic Whites fared better than Utahns of all other racial/ethnic groups combined on the following measures:

- Health insurance coverage; 89.1% for non-Hispanic Whites vs. 78.5% for all other racial/ethnic groups combined
- Dental visit in the past year; 71.9% for non-Hispanic Whites vs. 67.0% for all other racial/ethnic groups combined
- Influenza vaccination in the past 12 months persons age 65 and older; 72.1% for non-Hispanic Whites vs. 36.3% for all other racial/ethnic groups combined
- Cholesterol screening in the past 5 years; 65.5% for non-Hispanic Whites vs. 54.8% vs. for all other racial/ethnic groups combined
- Binge drinking in the past month; 8.3% for non-Hispanic Whites vs. 16.1% for all other racial/ethnic groups combined

Utahns who were Hispanic fared worse than Utahns of all other racial/ethnic groups combined on the following measures:

- No leisure time physical activity; 25.2% for Hispanics vs. 16.8% for all other racial/ethnic groups combined
- Being overweight or obese; 53.6% for Hispanics vs. 48.8% for all other racial/ethnic groups combined
- Current cigarette smoking; 21.7% for Hispanics vs. 14.0% for all other racial/ethnic groups combined
- Routine physical activity; 23.0% for Hispanics vs. 27.3% for all other racial/ethnic groups combined
- Health care insurance coverage; 77.2% for Hispanics vs. 88.8% for all other racial/ethnic groups combined

Differences by income and education:

Comparisons on income and educational attainment showed that for almost every measure, Utahns with higher incomes and higher educational attainment were more likely to get clinical screening services, have better health status and practice healthy behaviors. Measures that improved with increasing income and education were:

- Fair or poor health status
- No leisure time physical activity
- Current cigarette smoking
- Health care coverage
- Dental visit in the past year

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- Screening mammography in the past 2 years (women age 40 and older)
- Clinical breast exam in the past 2 years (women age 40 and older)
- Pap test in the past 3 years (adult women)
- Cholesterol screening in the past 5 years
- Regular physical activity
- Five or more servings of fruits and vegetables daily

Healthy People 2000 objectives addressed by measures included in this report

Healthy People 2000 objectives that were met in Utah by 1999:

- 13.14: Increase to at least 70% the proportion of people aged 35 and older using the oral health care system during each year (72.1%).
- 16.11: Increase to at least 60% those women aged 50 and older who have received a clinical breast examination and mammogram within the proceeding 1 to 2 years (66.4%).
- 16.13: Increase to at least 40% the proportion of people aged 50 and older who have ever received proctosigmoidoscopy (44.1%).
- 15.13: Increase to at least 90% the proportion of adults who have had their blood pressure measured within the preceding 2 years and can state whether their blood pressure was normal or high (92.4%). (Note: the BRFSS does not asked the respondent to state whether their blood pressure was normal or high when checked.)
- 3.4: Reduce cigarette smoking to a prevalence of no more than 15% among people aged 18 and older (14.0%).
- 3.6: Increase to at least 50% the proportion of cigarette smokers aged 18 and older who stopped smoking cigarettes for at least one day during the preceding year (52.3%).
- 9.12: Increase the use of safety belts and child safety seats to at least 85% of motor vehicle occupants (86.8% in 1997 for adults age 18 and older).
- 20.11: Increase immunization levels as follows: pneumococcal pneumonia and influenza immunization among noninstitutionalized people 65 years and over to at least 60% (75.1% for influenza, age 65 and older and 61.3% for pneumococcal, age 65 and older).

Healthy People 2000 objections that were not met in Utah by the year 1999:

- 16.12: Increase to at least 85% the proportion of women aged 18 and older who have received a Pap test within the preceding 1 to 3 years (80.7%).
- 15.14: Increase to at least 75% the proportion of adults who have had their blood cholesterol checked within the preceding 5 years (63.6%).
- 1.5: Reduce to no more than 15% the proportion of people aged 6 and older who engage in no leisure time physical activity (17.4% for adults age 18 and older).
- 1.3: Increase to at least 30% the proportion of people aged 6 and older who engage regularly, preferably daily, in light to moderate physical activity for at least 30 minutes per day (27.0% for adults age 18 and older).
- 2.6: Increase to at least 50% the proportion of people aged 2 and older who meet the *Dietary Guidelines'* average daily goal of five or more servings of fruits/vegetables (24.5% for adults age 18 and older).
- 2.3: Reduce overweight to a prevalence of no more than 20% among people aged 20 and older (29% for adults age 18 and older, based on females with Body Mass Index (BMI) ≥ 27.3 and males with BMI ≥ 27.8).